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ANNUAL REPORT

OF THE

MEDICAL OFFICER OF HEALTH

FOR THE YEAR

1967

BY

NAIRN R. COWAN

B.Sc., M.D., Ph.D., D.P.H., D.I.H.

Printed by "Reformer" Office

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Public Health Department,
Rutherglen.
July, 1968

To the Provost, Magistrates and Councillors
of the Royal Burgh of Rutherglen and to
the Scottish Home and Health Department.

Mrs Hastie and Gentlemen,

I have the honour to submit the Annual Report on the health of the Royal Burgh of Rutherglen in accordance with Health and Welfare Services Circular No. 39/1967.

I wish to express my sincere thanks to all members of the Town Council and in particular to the Convener and Members of the Health Committee for their constant support and interest; to other officials; and to the staff of the Public Health and Welfare Departments.

I am, Mrs Hastie and Gentlemen,

Your obedient Servant,

NAIRN R. COWAN,
Medical Officer of Health

REPORT

of the

MEDICAL OFFICER OF HEALTH

for the Year 1967

VITAL STATISTICS

Area of the Burgh	1,228 acres
Population estimated to middle of 1967	25,749
Density of Population per acre	21.0

	Corrected Numbers	Rate per 1000 of estimated Population	
Live Births (including Illegitmate)	465	18.6	
Live Births (Illegimate)	11	2.4	(a)
Still-Births	9	19	(b)
Deaths—			
All Causes	295	11.1	
Tuberculosis	1	0.04	
Malignant Neoplasms	54	2.10	
Bronchitis and Pneumonia	16	0.62	
Road Transport Accidents	6	0.23	
Home Accidents	3	0.12	
Under 1 Year	18	39	(c)
Under 4 Weeks	11	24	(c)

(a) Rate per 100 live births.
(b) Rate per 1,000 total births (including still-births).
(c) Rate per 1,000 live births.

POPULATION

The estimated population of 25,749 shows a decrease of 105 in relation to last year's figure.

BIRTHS

The number of births corrected for usual residence was 465, of which 235 were males and 230 were females. The corresponding birth rate of 18.6 may be compared with the rate of 18.5 for the large burghs.

Illegitimacy.—The number of illegitimate births in 1967 was 11, giving a rate of 2.4.

Still-births.—Still-births numbered 9, giving a still-birth rate of 19.

The still-birth rates for the past seven years were as follows:—

1960	1961	1962	1963	1964	1965	1966
24	25	13	18	18	12	9

The number of hospital births in the Rutherglen area by hospitals is as follows:—

Bellshill	210
Stobhill	3
Robroyston	17
St. Francis	23
Beckford Lodge	27
Calderbank	49
Redlands	3
Ross	6
Royal Maternity	29
Belvidere	23
Eastern District	10
Queen Mother	9
Park	1
Hairmyres	26
	436

MARRIAGE RATE

212 marriages took place in the Burgh during the year, giving a rate of 8.2 per thousand of the population.

INFANTILE MORTALITY

The infantile mortality rate was 18 and the rates for the previous five years were—

1962	1963	1964	1965	1966
25	35	20	6	24

The causes of these deaths were—

	Male	Female
Infective Disease	3	1
Congenital Malformations	2	3
Birth Injuries, etc.	4	2
Other diseases peculiar to early infancy and immaturity unqualified	2	—
Accidents in the home	—	1
	11	7

DEATHS

In 1967 the total number of deaths registered in the Burgh was 58 There remains to be added 237 deaths of burgh residents occurring outwith the Burgh. This gives a corrected total of 295 deaths which represents 147 men and 148 women.

The causes of death classified according to main systems were as follows—

Diseases of circulatory system (heart and blood vessels)	117
Diseases of the nervous system	54
Malignant tumours	54
Diseases of respiratory system	18
Death from violence	9
Diseases of the genito-urinary system	9
Diseases of the digestive system	6

MATERNAL DEATHS

There were no maternal deaths in the Burgh during 1967.

CARE OF EXPECTANT AND NURSING MOTHERS AND CHILDREN UNDER SCHOOL AGE

The Clinics provided by the Local Health Authority and the work undertaken are as follows—

A—Ante-natal and Post-natal Services.

The Local Authority provides one Clinic for Ante-natal and one for Post-natal care. The number of women who attended during the year for Ante-natal examinations was 473 and for Post-natal examinations 114. Of these numbers the new cases were 297 and 58 respectively, and the number who were hospital cases were 390 and 114 respectively. The number of sessions held with hospital staff in attendance was 52 for Ante-natal and 52 for Post-natal assessment.

During the year 49 Maternity Outfits were issued free.

The Gynæcological Clinic of the Western Regional Hospital Board held 47 sessions during the year and examined 224 new cases with, in addition, 266 repeat visits.

B—Child Welfare Clinics in Local Authority Premises.

The number of children who attended once or more often during the year by year of birth was—

(a) Born in 1967	327
(b) Born in 1966	354
(c) Born in 1963–65	299
(d) Born in 1962	98

One hundred and thirty sessions were held by the Medical Officer and 130 by health visitors.

The number of premises in use at the end of the year for sessions shown in Parts A and B above was one purpose built and one in church premises at Fernhill.

C—Child Welfare.

(1) The number of children referred to the family doctor or for specialist treatment or advice as a result of a medical examination by year of birth was—

Born in 1967	20
Born in 1966	8
Born in 1962–65 ...	20

(2) The number of children on "At Risk" register at end of year, and who were receiving special supervision was as follows:—

Born in 1967	7
Born in 1966	10
Born in 1962–65 ...	20

Immunisation and Vaccination.

Clinic sessions were held each week for the purpose of vaccination against smallpox and poliomyelitis, and immunisation against diphtheria and whooping cough. B.C.G. vaccination was carried out as required.

Early Ascertainment of Defects of Vision.

The staff keep in mind when coming into contact with young children in the district, day nurseries, or elsewhere, the importance of early referral of doubtful cases. In 1967 there were no such referrals.

Welfare Foods.

The distribution of welfare foods for the year has been as follows—

National Dried Milk—Full Cream ...	2,561 tins
Half Cream	Nil
Orange Juice	10,771 bottles
Cod Liver Oil	1,238 bottles
Vitamin A and D	263 packets

Distribution continues and the public takes full advantage of the service provided.

D—Dental Care.

The numbers treated during the year are shown in the following table—

	No. Inspected by Dental Officer during the year.	No. found to require treatment during the year.	No. accepting treatment during the year.	No. actually treated by Dental Officer during the year.
Expectant Mothers	84	84	84	84
Nursing Mothers	21	21	21	21
Pre-School Children	4	4	4	4

E—Mother and Baby Homes.

No provision of this nature is available in the Burgh.

F—Day Nurseries.

The Local Health Authority provides one Day Nursery, namely, the Rutherglen Children's Nursery, 41 Chapel Street, Rutherglen, the details of which are as follows—

(1) The Day Nursery is not approved for training.

(2) Number of approved places—
- (a) 0-2 years of age 8
- (b) 2-5 years of age 28

(3) Number of children on register at end of year —
- (a) 0-2 years of age 8
- (b) 2-5 years of age 28

(4) Average daily attendance during year—
- (a) 0-2 years of age 8
- (b) 2-5 years of age 24

(5) Waiting list at end of year—
- (a) 0-2 years of age 40
- (b) 2-5 years of age 34

The total number of attendances for the year was 7.351, a decrease of 247 from last year's figure.

Within the Nursery the following infectious diseases occurred:—

1 case of measles;
1 case of chicken-pox;
8 cases of mumps;
6 cases of whooping cough.

Forty-four children left during the year to go to school on reaching the age of five years.

F—Residential Nurseries.

There is no residential nursery in the Burgh

CERVICAL CYTOLOGY

The number of cervical smears carried out by age are as follows—

Years	No.
20-24	35
25-29	26
30-34	40
35-39	23
40-44	19
45-49	21
50 and over	13
	177

Number of subsequent visits—235. In this series there were 5 suspicious and one positive smear results.

MIDWIFERY SERVICE

The Work of the Domiciliary Midwife

1. The number of domiciliary confinements attended by midwives under National Health Service arrangements was 46 and all had a doctor booked.

The number of hospital (including private maternity home) booked cases where ante-natal care was carried out by the domiciliary midwife was nil.

The number of cases delivered in hospitals and other institutions but discharged and attended by domiciliary midwives was 23.

The number of midwives who made all, or nearly all, of their visits by car was three.

2—Premature Births.

The number of premature births was 15 of whom 14 were born in hospital. One was a home confinement and five were still-births.

Of the 14 born in hospital two died within 24 hours of birth and two within 7 days.

Of the 14, three weighed 2 lb. 3 oz. or less; eight were over 3 lb. 4 oz. up to and including 4 lb. 6 oz.; and three were over 4 lb. 15 oz. up to and including 5 lb. 8 oz.

HEALTH AND TUBERCULOSIS VISITING

1—Number of home visits and cases—

	Visited by Health Visitors, i.e., Certificated Health Visitors and others doing health visiting work	(1) Number of cases	(2) Number of visits
1	Expectant Mothers	122	189
2	Children born in 1967	872	2315
3	Children born in 1966	310	1258
4	Children born in 1962-65	694	2670
5	School children	–	–
6	(a) Persons aged 65 and over	20	20
	(b) Persons included above who were visited at the special request of a general practitioner or hospital	2	2
7	(a) Mental Health: care and aftercare	10	10
	(b) Persons included above who were visited at the special request of a general practitioner or hospital	–	–
8	(a) Other hospital aftercare	8	8
	(b) Persons included above who were visited at the special request of a general practitioner or hospital	5	5
9	Tuberculosis household	14	14
10	Other infectious diseases	21	21
11	Other	37	46
		2115	6558

2—The total attendances by Health and Tuberculosis visitors were 650 in local Health Authority Clinics and 220 in Chest Clinics.

The type of clinics attended were Ante-natal, Post-natal, Child Welfare, Immunisation, Geriatric and Gynæcological.

HOME NURSING

Of 304 persons nursed during the year, 154 or 50.7 per cent., were aged 65 or over at first visit in 1967 and none were aged under 5 years. The total number of visits was 7,612.

DOMESTIC HELP

The number of part-time domestic helps employed at the end of the year was 81, and the number of households pro-

vided with home help was 173. These 173 households represented 131 aged 65 years or over on first visit in 1967, and the remainder aged under 65 years was composed of 15 chronic sick, 11 maternity, 1 mentally disordered, and 15 others.

VACCINATION AND IMMUNISATION

1—Number of persons primarily vaccinated against smallpox during the year:—

(a) Takes	281
(b) No Takes	–
(c) Not examined	–

2—Number of persons re-vaccinated against smallpox during the year:—

(a) Takes	29
(b) No Takes	–
(c) Not examined	–

3—Number who have completed a full course of primary vaccination or immunisation against:—

(a) Diphtheria	–
(b) Tetanus	–
(c) Pertussis	–
(d) Diphtheria and Pertussis	–
(e) Diphtheria and Tetanus	–
(f) Pertussis, Diphtheria and Tetanus	360

4—Number who received maintenance inoculations against:—

(a) Diphtheria	99
(b) Tetanus	–
(c) Pertussis	–
(d) Diphtheria and Pertussis	–
(e) Diphtheria and Tetanus	–
(f) Pertussis, Diphtheria and Tetanus	225

All means of publicity were employed to draw parents' attention to the need for vaccination and immunisation.

Poliomyelitis Vaccination.

The scheme for vaccination against poliomyelitis continues in the Burgh of Rutherglen. Information concerning the programme is carried by the local press, and through general practitioners, and others. The number vaccinated was as follows:—

Children born in 1967	99
Children born in 1966	182

Children born in 1965	39
Children born in 1964	6
Children born in 1963	6
Children born in years 1943–1962	13
Others	2
Reinforcing Doses	130

INFECTIOUS DISEASES

There is a decrease in the number of notified cases of infectious disease from 46 to 1966 to 30 this year.

TABLE 1

Monthly Incidence of Infectious Diseases, 1967

DISEASE	Jan.	Feb.	March	April	May	June	July	August	Sept.	Oct.	Nov.	Dec.	Total
Dysentery	1	–	–	–	–	–	–	–	–	–	–	1	2
Infective Hepatitis	–	–	–	5	–	1	–	–	–	1	–	–	7
Paratyphoid Fever	–	–	–	–	–	1	–	–	–	–	–	–	1
Pneumonia	1	1	1	–	1	–	–	–	–	–	1	4	9
Typhoid Fever	–	–	–	–	–	–	–	–	–	1	–	–	1
Whooping Cough	–	–	–	2	1	1	1	–	–	5	–	–	10
Total	2	1	1	7	2	3	1	–	–	7	1	5	30

TUBERCULOSIS

TABLE 2

Deaths from Respiratory Tuberculosis, 1896-1965

	Number of Deaths	Mortality Rate per 1000 of Population
1896—1900	145	2.02
1901—1905	116	1.39
1906—1910	132	1.15
1911—1915	114	0.89
1916—1920	111	0.81
1921—1925	89	0.72
1926—1930	110	0.72
1931—1935	85	0.66
1936—1940	89	0.53
1941—1945	85	0.72
1946—1950	92	0.73
1951—1955	39	0.30
1956—1960	20	0.16
1961	2	0.09
1962	2	0.08
1963	—	—
1964	1	0.04
1965	4	0.15
1966	—	—
1967	1	0.04

TABLE 3

Number of Cases Confirmed as Suffering from Tuberculosis, 1967

	AGE GROUPS									
Respiratory:	Under 1	1 and under 5	5 and under 15	15 and under 25	25 and under 35	35 and under 45	45 and under 55	55 and under 65	65 and upwards	Total
Males ...	—	—	—	1	3	1	—	—	1	6
Females ...	—	—	1	1	1	1	—	—	1	5
Total ...	—	—	1	2	4	2	—	—	2	11
Non-Respiratory:										
Males ...	—	—	—	—	—	—	1	—	—	1
Females ...	—	—	2	—	—	—	—	—	—	2
Totals ...	—	—	2	—	—	—	1	—	—	3

At the end of 1967 there were 253 persons on the tuberculosis register, and of that number 221 suffered from respiratory tuberculosis.

The distribution of new cases of tuberculosis over the various wards in the Burgh during the year 1967 is shown in Table 4.

TABLE 4

Wards	Respiratory Tuberculosis	Non-Respiratory Tuberculosis
Burnhill	3	1
Castle	2	0
Gallowflat	0	0
Stonelaw	1	0
Fernhill	2	2
	8	3

The number of respiratory cases resident in the Burgh who received treatment in sanatoria or other institutions during the year is shown in Table 5.

TABLE 5

	In Hospital on January 1	Admitted during the year	Discharged during the year	Died in Hospital	In Hospital on December 31
Under 15 years					
Male	–	–	–	–	–
Female	–	–	–	–	–
15-44 years					
Male	4	5	4	–	5
Female	2	1	1	–	2
45 years and over					
Male	4	3	–	2	5
Female	–	3	–	–	3
Total	10	12	5	2	15

B.C.G.

Fifty-four male and 61 female babies were vaccinated at birth.

Under the school B.C.G. programme, 55 males and 46 female school leavers were vaccinated.

CARE AND AFTER-CARE

Visitations by Health Visitors 109
Attendances at Dispensary 897
Patients granted free milk 1

Health Visitors carry out a comprehensive scheme of home visitations. This year 109 visits were paid to tuberculosis households. These visits are carried out regularly by the staff and their advice and help is always available to meet any problems which may arise.

Necessary equipment is made available permanently, or by way of loan.

Extra nourishment amounting to 1 pint of milk per day for active cases of pulmonary tuberculosis is provided. There is no hard and fast rule as to length of time an individual continues to receive milk, but in general the issue of milk stops when the tuberculosis process ceases to be active.

There is a special housing list for those suffering from tuberculosis.

Care of Spastics and Epileptics

Three children under school age attend a Day Centre for spastics.

Prevention of Break-up of Family Life

No action was taken under this heading.

Convalescent Home Provision

The Local Health Authority is a subscriber to a Convalescent Home. This permits the Medical Officer of Health to give those who are in need, a fortnight's holiday free of cost to themselves. This arrangement is most satisfactory and has been used especially in relation to the aged.

Chiropody Service

A chiropody service is provided by the Local Health Authority for people over pensionable age. The chiropodist is employed on a part-time basis for five 3-hour sessions each week.

A nominal charge of 1/6 is made for each visit but there is no means test and if an old person states that he cannot pay the charge the Medical Officer of Health may waive the 1/6 wholly or in part. Those who wish to do so may pay more than the 1/6.

THE CONSULTATIVE HEALTH CENTRE FOR OLDER PEOPLE

The work of this Centre continues unaltered

PREVENTION OF HOME ACCIDENTS

The Rutherglen Home Safety Committee was formed in October, 1958, and since that date this committee has held regular meetings within the premises of the Public Health Department, usually on Monday evenings at 7.45 p.m. A team of speakers has been formed to address local meetings on the subject of the prevention of accidents in the home. The public is further informed by the distribution of publicity material, comments in the newspapers, and local exhibitions.

COMMUNITY CARE

An adequate nursing and social work service is provided in Rutherglen for the after-care of patients discharged from general, geriatric and mental hospitals. When the hospital staff informs this department of a discharge, routine domiciliary visit is made together with assessment of need and its implementation.

HANDICAPPED CHILDREN

Supportive services for the mothers of severely handicapped children are provided by the staff of the Health and Welfare Departments.

RESEARCH

In addition to the usual lines of research which continue, a Nutritional Study of a random sample of the Rutherglen population was commenced in October, 1967.

DISABLED PERSONS

The number of disabled persons who were assisted in having their homes adapted or were given aids for the handicapped was as follows:—Bedpan, 15; commode, 10; low baths, 6; ramp, 3; bathrail, 3; invalid chairs, 2; tripod walking stick, 2; shower, 1; handrail, 1. The approximate cost of the above was £450.

HEALTH EDUCATION

The methods employed in dealing with health education continue on the lines of previous years. Talks on health were given to local organisations, some being arranged through the Scottish Council for Health Education, while others were given by the Medical Officer of Health or Health Visitors.

Smoking and Lung Cancer

Relevant publicity material was circulated to interested organisations.

MENTAL HEALTH SERVICES

The Mental Health Services now function in terms of our proposals formulated under the Mental Health (Scotland) Act, 1960.

Mental Disorders

(1) Turnover of Informal Patients for year ended 31.12.67

	Male	Female	Total
Total at 31.12.66	29	53	82
Direct Admissions	20	24	44
From Detained Roll	3	4	7
	52	81	133
Discharged since	17	20	37
Detained since	1	–	1
Died since	2	9	11
Total at 31.12.67	32	52	84

(2) Turnover of Detained Patients for year ended 31.12.67

	Male	Female	Total
Total at 31.12.66	9	2	11
Direct Admissions	3	5	8
From Informal Roll	1	–	1
	13	7	20
Discharged since	2	1	3
To Informal Roll	4	4	8
Died since	1	–	1
Total at 31.12.67	6	2	8

Mental Deficiency

(a) Cases in Mental Deficiency Institutions are as follows:—

	M.	F.	Total
Kirklands Inst. for Mental Defectives ...	2	3	5
Birkwood Inst. for Mental Defectives ...	5	2	7
Larbert Inst. for Mental Defectives ...	1	–	1
St. Joseph's Inst. for Mental Defectives ...	2	–	2
Lennoxcastle Inst. for Mental Defectives	1	–	1
(b) Under Informal Supervision	5	2	7
	16	7	23

These 23 individuals are in the following age groups:

Years	No.
2 – 10	2
11 – 15	2
16 – 21	4
22 – 30	3
31 – 40	4
41 – 50	2
51 – 60	2
60 and over	4

Senior Occupational Centres

Eighteen mentally handicapped persons attend Senior Occupational Centres.

Short-Stay Holiday Home

One mentally handicapped child was admitted to a short-stay holiday home during the year for a period of two weeks.

Residential Sheltered Workshop

One mentally handicapped male receives the benefit of this facility in Hansel Village, Symington, and two females in Epileptic Colony, Bridge-of-Weir.

BLIND PERSONS

At 1st January, 1967, the total number of blind persons registered in the Burgh was 48. Five new cases were registered during the year, 3 died, leaving a total of 50 cases on the Register at 31st December, 1967.

The blind persons fall into the following age groups:—

	1–17	18–29	30–39	40–49	50–69	70 and over	Total
Female	2	1	–	2	8	19	32
Male	1	1	–	1	9	6	18
	3	2	–	3	17	25	50

Eleven Blind persons were supplied with Free Travel Passes.

WELFARE SERVICE

(a) Residential Accommodation

At 1st January, 1967, there were 7 persons in residential accommodation outwith the Burgh and two were added to roll. At 31st December, 1967, the figure was 9.

	AGE GROUPS				
	51–60	61–70	71–80	80 and over	Total
"Bethania," Dunoon	–	–	2	–	2
Craigholme Eventide Home, Bearsden	–	–	–	3	3
Eventide Home, Burnside	–	–	1	1	2
Foresthall, Glasgow	–	1	–	–	1
Mayburn House, Loanhead	–	–	–	1	1
	–	1	3	5	9

BLAIRTUM PARK HOUSE

The admissions, discharges and deaths during the year 1967 were as follows:—

	M.	F.	Tl.
Number of residents at 31st December, 1966	8	11	19
Number of admissions during 1967	11	3	14
Number of discharges during 1967	1	–	1
	18	14	32

	M.	F.	Tl.			
Number transferred to hospital	3	1	4			
Number died	3	–	3			
				6	1	7
Total number of residents at 31st Dec., 1967				12	13	25

(b) **Registration and Inspection of Disabled or Old Persons Homes.**

No action was taken under this heading.

(c) **Removal of Persons in Need of Care and Attention.**

No action was taken under this heading.

(d) **Care of Property.**

No action was required under this heading.

(e) **Interments.**

One case was dealt with under this heading.

Premises	Number on Register	Inspections	Number of Notices Written	Number of Notices Verbal	Occupiers prosecuted
(i) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities	12	15	—	1	—
(ii) Factories not included in (i) in which Section 7 is enforced by the Local Authority	100	135	6	17	1
(iii) Other Premises in which Section 7 is enforced by the Local Authority† (excluding out-workers' premises)	36	47	—	13	—
TOTAL	148	197	6	31	1

† i.e. Electric Stations [Section 103 (1)], Institutions. (Section 104) and sites of Building Operations and Works of Engineering Construction (Section 107 and 108).

The following Table gives particulars regarding cases in which Defects were found:—

Particulars	Number of cases in which defects were found			
	Found	Remedied	To H.M. Inspector	By H.M Inspector
Want of Cleanliness (S.1)	24	24	—	—
Overcrowding (S.2)	—	—	—	—
Unreasonable temperature (S.3)	—	—	—	—
Inadequate ventilation (S.4)	—	—	—	—
Ineffective drainage of floors (S.6)	—	—	—	—
Sanitary Conveniences (S.7)—				
(a) Insufficient	4	3	—	—
(b) Unsuitable or defective	8	8	—	—
(c) Not separate for sexes	1	—	—	—
Other offences against the Act (not including offences relating to Outwork)	—	—	—	—
TOTAL	37	35	—	—

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